BOTANY VS. THE ATOM BOMB

WATCH OLIVIA WILLIAMS IN 'MANHATTAN' PAGE 16

metro

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Wednesday, July 23, 2014 www.metro.us | t:MetroPhilly | f:MetroPhilly

La-di-da! Keaton teases her co-star

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Decor trend: How to go ombre on your walls

PAGE 18-19

An easy way to organize tangled cords

PAGE 20

READY TO RISE AGAIN

PAGE 23

'Solidarity rally' will show support for Israelis

Center City. Hundreds of members of the Jewish Federation of Greater Philadelphia are slated to rally on Wednesday for their brothers and sisters overseas in Israel. A counter protest is also expected at LOVE Park. PAGE 02

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1 NEWS

Local tweet

"No smoking sections in the Philly airport. ugh"

Yeah, @KingXXSam, that's the biggest issue at the moment.

Top 3

What's trending online at Metro.us

1 'Sheryl Crow: Better to have 3 broken engagements than 3 divorces'

2 'Video: Pro-Russia WWE wrestling manager uses Malaysia Airlines Flight MH17 in storyline'

3 'Justin Bieber's bucket hat: What's up with that?'

Group will rally today to support Israelis overseas

Rally. As the Israelis and Palestinians are gripped in war, a Jewish Philadelphia outfit rallies for justice.

Naomi Adler returned from Israel on Thursday.

"Was I scared at some points? Yeah!" said Adler, CEO of the Jewish Federation of Greater Philadelphia. "I'm an American, I'm not used to this. But I followed exactly what they said and, look, I'm safe."

On Tuesday, the FAA suspended flights to Israel from the United States as tensions and rocket attacks increase between Israel and militants in Palestinian territories.

Today, Adler's group will throw a "solidarity rally" for Israel in LOVE Park at 4:30 p.m. with hopes of showing support for the country's right to protect its citizens.

A counterrally is expected to take place simultaneously. Police will be on hand, and Adler said additional security will be added.

Adler said that while she understands the FAA has the country's best interests at heart, she was disappointed with the decision to suspend flights to Israel, "and not allowing an economy which is very much based in the summer on tourism to flourish," she said.

She said she does understand that these heightened concerns are in reaction to the Malaysia Airlines Flight MH17 that was shot down over eastern Ukraine and killed an entire flight of people — 298 people in total.

"But we're not talking about Ukraine, we're talking about Israel," she said. "There's a difference."

Quoted

"If you don't continue your normal course of business, the other side wins."

Adler

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Center City

Rally at the consulate

Becca Hanna, an activist with Jewish Voice for Peace, will help lead hundreds on Friday to the Consulate General of Israel at 1880 JFK Boulevard at 4:30 p.m.

"This escalation in Israel and Palestine has really affected a lot of us and really got us trying to get the public involved," she said.

Playing 'Brain Games' at the Franklin

The popular National Geographic Channel show "Brain Games" with host Jason Silva filmed segments in the rotunda at The Franklin Institute on Tuesday. In one segment, 20 volunteers guessed how many gumballs were in a gumball machine. / CHARLES MOSTOLLER, METRO

West. Collapse victim's family files lawsuit

The family of a man involved in the June 5, 2013, building collapse is claiming their loved one was the tragedy's seventh victim, according to court documents.

The family of of Danny Johnson, 59, of West Philadelphia, filed a wrongful death lawsuit Tuesday in the Philadelphia Court of Common Pleas claiming injuries suffered in the collapse led to his premature death.

Johnson was shopping in The Salvation Army store at the time of the collapse that morning. His attorney claimed he was in and out of the hospital for a three-week period before he died.

According to the lawsuit, Johnson suffered cardiac complications and pulmonary injuries as a result of the collapse.

Eleven other lawsuits have been filed on behalf of survivors and victims of the collapse that killed six and injured 14 when an under-demolition building collapsed onto the neighboring Salvation Army Thrift Store at 22nd and Market streets.

TOMMY ROWAN

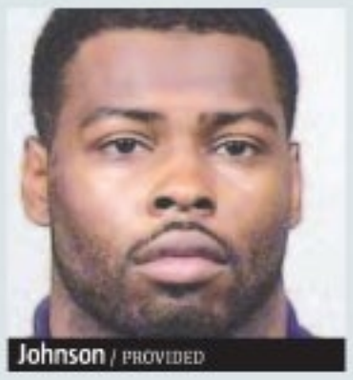
Defendants

- STB Investment Corp. and property owner Richard Basciano
- Contractor Griffin Campbell
- Crane operator Sean Benschop
- The Salvation Army

Bar fight

Eagles' Keelan Johnson arrested in Arizona

An Eagles safety was arrested in Arizona on Saturday on suspicion of felony aggravated assault for allegedly pushing a police officer probing a bar fight, authorities said.



Johnson / PROVIDED

Keelan Johnson, 24, was booked and later released after the skirmish at a bar in Tempe.

Johnson, who played college football for Arizona State, is accused by Tempe police of assault and resisting arrest and disorderly conduct. Police said they were interviewing people outside Zuma Grill about a fight inside the establishment when Johnson began yelling at them and refused to leave the immediate area.

During the incident, police said Johnson "gave the victim a two-armed impact push to the victim's chest, striking him with great force, knocking him backward," court records stated.

Eagles spokesman Derek Boyko said the team was disappointed by Johnson's arrest and was looking into the incident.

REUTERS

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- Be available for up to 8 follow up visits

Qualified participants receive:

- All study-related evaluations and investigational medication or inactive placebo at no cost
- Compensation up to $1200 for time and travel

No insurance is needed to participate in this study and transportation is available.

For more information, call toll-free **1.877.643.6674**

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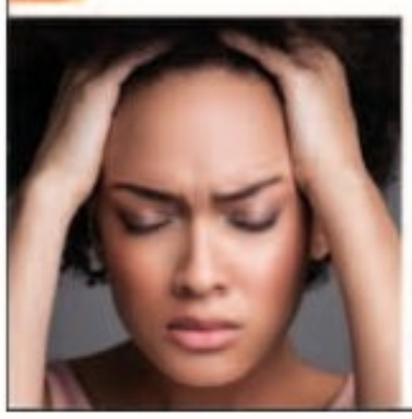

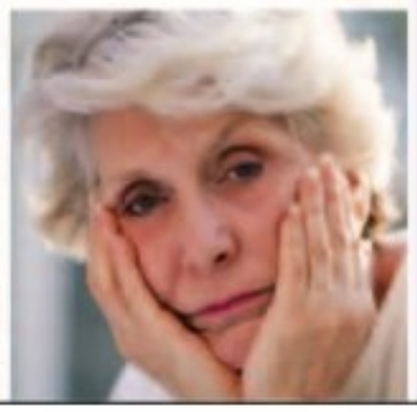

Have you been treated for depression for more than 6 weeks and not getting the response you want?

You may be interested in this clinical research study. Local doctors are conducting a clinical trial for a new investigational medication for major depressive disorder for participants 21 to 70 years of age. Study medication will be provided at no cost. You do not need health insurance to participate.

THE HORIZON STUDY

To find out more details on
The Horizon Study for Major Depressive Disorder
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011614

Philadelphia. City must pay for gun permit info leaked

The city of Philadelphia will be instructed to pay more than $1 million to more than 3,000 residents whose private gun permit information was posted on the Internet two years ago.

For four days in the summer of 2012, the names, addresses and other detailed information of 3,265 residents' who filed an appeal for gun permits with the city's Department of Licenses and Inspections were available online in a city map.

An attorney for the plaintiffs said it was against the law for this information to be made public, under the state's firearms laws, according to reports. METRO

Total payout

$1.425M

Also included in the $1.425 million agreement, reports say, is the altering of policies regarding gun permit handling. A Common Pleas judge must formally approve the agreement.

Main Line

Home invaded in Upper Merion

Police say a suspect is in custody after he allegedly invaded a home in Upper Merion, tied up a woman and took a man to an ATM to withdrawal money.

The suspect, who was chased by police, tried to run but was caught. No charges had been filed Tuesday evening. METRO

SugarHouse expansion to feature poker rooms

Construction workers discuss the work they will do on the site of a $164 million expansion of the SugarHouse Casino in Fishtown.
CHARLES MOSTOLLER, METRO

Visit **Metro.us** for more details of the expansion's economic impact.

Payday

- The $2.9 million investment will result in an estimated $1.8 million in taxes.
- Additionally, the opening will create 100 full- and part-time jobs.

Fishtown. On Tuesday, officials broke ground on the $164 million addition.

Ground broke on Tuesday on an improved SugarHouse Casino set to be unveiled next year that will feature new restaurants, a parking garage, a 30-table poker room and more.

With the help of a SugarHouse-themed backhoe, the casino's executive team, city officials and community leaders held a ceremony at the North Delaware Avenue facility, where the expansion will be built.

"[The SugarHouse team is] excited about a bigger, nicer and 'more wow' facility to be proud of," said Wendy Hamilton, general manager of SugarHouse.

To meet the needs of poker in Philadelphia, the casino will open a temporary 24-table poker room. Beginning this fall, the room will remain open 24/7 until the casino debuts its permanent 30-table poker room in 2015.

"Philadelphia already has a huge number of poker players and right now, you have to travel outside of the city to play," Hamilton said. "I think that this is just a more convenient option."

SugarHouse is still working on finalizing deals with the new restaurants to be included with the new expansions.

"All of them are terrific, experienced operators and some of them are from Philadelphia, so it's definitely names that folks here will know," Hamilton said.

JEREMY RODRIGUEZ
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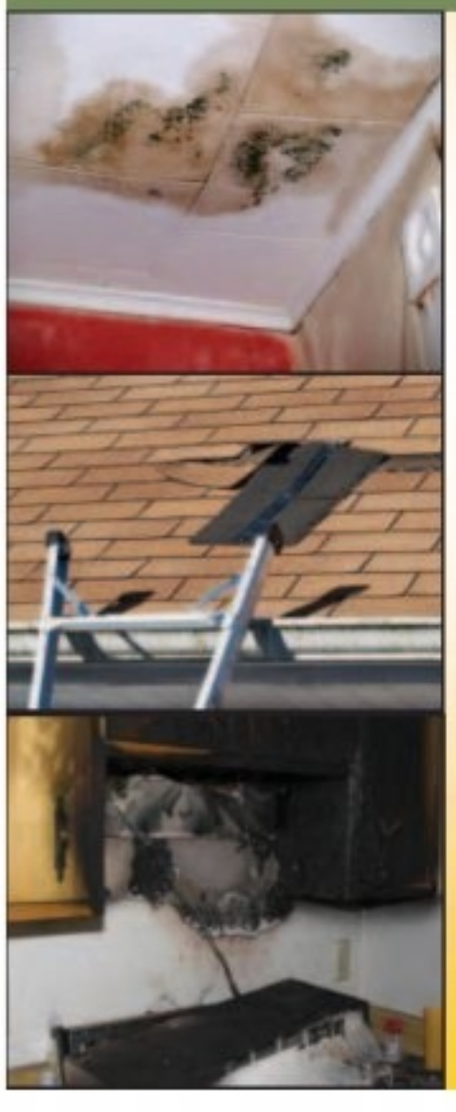
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- **JANUVIA is a prescription pill you take once a day.**
- **JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.**
- **JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.**
- **JANUVIA, by itself, is not likely to cause weight gain.**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Pay as little as $5 per prescription.*

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*Maximum savings are limited. Not valid for patients with Medicare or other Government Program insurance. Other eligibility restrictions and Terms and Conditions apply.

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5 philadelphia Wednesday, July 23, 2014

www.metro.us

Medication Guide
JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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DIAB-1124301-0002 07/14

Januvia®
(sitagliptin)
25mg, 50mg, 100mg tablets

6 philadelphia Wednesday, July 23, 2014

Wave of migrant children threatens to swamp courts

Washington, D.C.
Immigration courts are backlogged by thousands of cases.

A deluge of Central American children pouring into the United States threatens to burst the seams of already overstuffed immigration courts, and President Barack Obama's steps to ease the crisis are likely to make matters worse rather than better for some, U.S. officials and immigration lawyers said.

"We are reaching a point of implosion, if we have not already reached it," said Judge Dana Leigh Marks of San Francisco, who has been deciding immigration cases since 1987.

The problem, according to judges, lawyers and immigration groups, is the sheer number of cases clogging the courts, due in part to beefed-up law enforcement at the southwestern U.S. border with Mexico.

Marks, one of the 243 judges presiding over 59 immigration courts in the United States, is setting hearing dates as far off as 2018. It now typically takes three to five years for cases to clear the system.

The court overload is rising in part because of a flood of minors from Honduras, Guatemala and El Salvador. REUTERS

Migrant children

90K

Unless the flow of migrants from Central America subsides, the U.S. government estimates about 90,000 children will arrive this year, growing to 150,000 next year.

The overload is rising in part because of a flood of unaccompanied minors from Honduras, Guatemala and El Salvador. / GETTY IMAGES

Tax credits

Courts deliver conflicting health care rulings

Two federal judicial panels on Tuesday delivered conflicting rulings on how the government subsidizes premiums through President Barack Obama's health care law, creating more uncertainty over signature legislation that has been dogged by challenges from conservatives.

The cases deal with the federal government's ability to offer premium tax credits to people who purchase insurance through the federal insurance marketplace that serves the majority of the 8 million consumers who have signed up for coverage. REUTERS

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Anonymous gift

'Slenderman' attack victim gets Purple Heart from well-wisher

A Wisconsin girl stabbed 19 times in a murder plot allegedly hatched by two classmates to win favor with a fictional Internet character has been sent a prestigious Purple Heart medal by an anonymous well-wisher, the victim's family said on Tuesday.

The Purple Heart was recently sent to the 12-year-old girl in an unsigned card that read, "The Only Heart I Could Find – Be Strong," the family said in a statement.

"The family has been so touched and moved by this act of kindness that they would like to personally thank the individual, publicly or privately, for the gift and for their sacrifice for our country."

REUTERS

China food scandal spills to US chains

Shanghai. Burger King and Starbucks also used the firm that may have sent expired meat.

The latest food scandal in China is spreading fast, dragging in U.S. coffee chain Starbucks, Burger King Worldwide Inc. and others, as well as McDonald's products as far away as Japan.

McDonald's Corp. and KFC's parent Yum Brands Inc. apologized to Chinese customers on Monday after it emerged that Shanghai Husi Food Co. Ltd., a unit of U.S.-based OSI Group LLC, had supplied expired meat to the two chains.

On Tuesday, Starbucks said some of its cafes previously sold products containing chicken originally sourced from Shanghai Husi, a firm that was shut down on Sunday by regulators after a TV report showed staff using expired meat and picking up meat from the floor to add to the mix.

A Tokyo-based spokesman at McDonald's Holdings Co. (Japan) Ltd. said the company had sourced about a fifth of its Chicken McNuggets from Shanghai Husi and had halted sales of the product on Monday.

REUTERS

The regulator's Shanghai branch said in a statement on Tuesday it ordered McDonald's to seal over 4,500 boxes of suspected meat products. / GETTY IMAGES

2008 scandal

6

Food safety is one of the top issues for Chinese consumers after a scandal in 2008 where dairy products tainted with the industrial chemical melamine led to the deaths of six infants.

Painful Varicose Veins?

Now is the time to take care of it! Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

Do you have any of these symptoms?

Varicose Veins
Spider Veins
Itching and Burning
Leg Pain and Cramps
Heaviness and Swelling
Skin Discoloration
Ulcers and Blood Clots
Problem Walking For Long Distance

USA Vein Clinics Will help!
With an non-surgical, minimally invasive, painless procedures, that take only 15 minutes!

Newest Non-Laser Technique For Varicose Vein Treatment called ClariVein Now Available at USA Vein Clinics

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- Nation's only coast-to-coast vein clinic.
- Doctors Staff Include Board-Certified, Harvard and Stanford Trained Specialists
- Nation's Top Vein Clinic, no other clinic can boast such excellence in vein care

USA Vein Clinics

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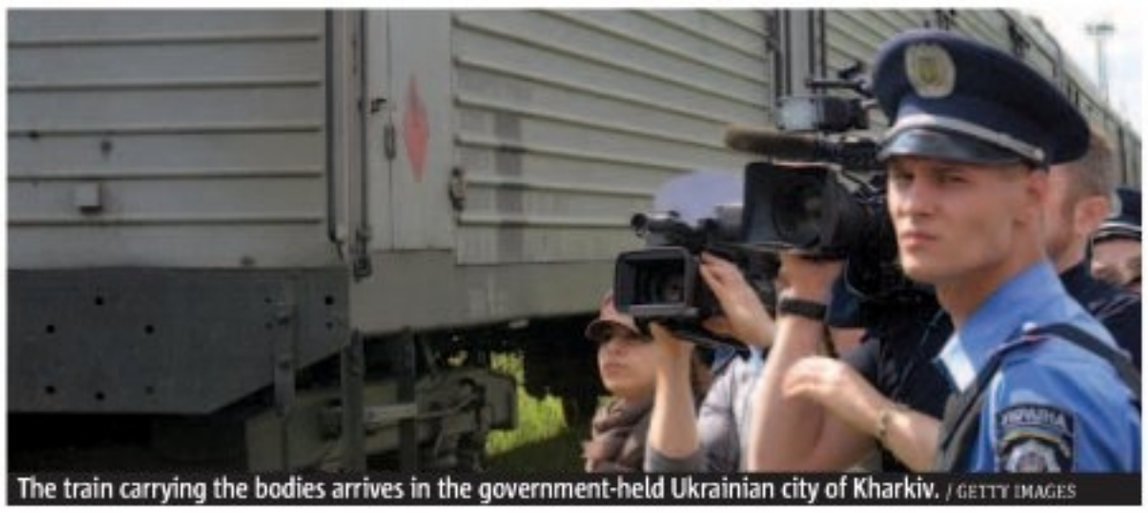
Train carrying Flight MH17 bodies reaches Ukraine city


The train carrying the bodies arrives in the government-held Ukrainian city of Kharkiv. / GETTY IMAGES

Kharkiv. The remains will be flown to the Netherlands, where they will be identified.

A train carrying the remains of many of the 298 victims of Malaysia Airlines Flight MH17 arrived in a Ukrainian government-held city on Tuesday on the first leg of their final journey home to be reclaimed by their families.

The train slowly rolled into the grounds of an arms industry plant, where the remains are due to be unloaded and flown to the Netherlands for the lengthy process of identification. A spokeswoman for a Dutch team of forensic experts in Kharkiv said departure was not expected before Wednesday.

A representative of the OSCE European security watchdog said there were still human remains left where the Boeing 777 hit the ground in eastern Ukraine last Thursday. "We did not observe any recovery activity in place," spokesman Michael Bociurkiw said after his group inspected the site earlier in the day.

Western governments have threatened Russia with broader sanctions for what they say is its backing of the militia. However, they are struggling to agree on a response, and European Union ministers meeting in Brussels on Tuesday delayed action for a few days.

Russian President Vladimir Putin said he would urge the separatists to allow a full investigation which the Netherlands said it would lead. Malaysia said it would send the black boxes to a British lab for analysis.

REUTERS

By the numbers

200

Five refrigerated wagons containing 200 body bags reached the city of Kharkiv.

Passenger safety

Airlines halt flights to Israel

U.S. air carriers Delta Air Lines, American Airlines Group and United Airlines on Tuesday halted flights to Israel under directions from the U.S. Federal Aviation Administration to ensure passenger safety as turmoil in the region has intensified.

The U.S. moves were swiftly followed by flight stoppages from some European carriers.

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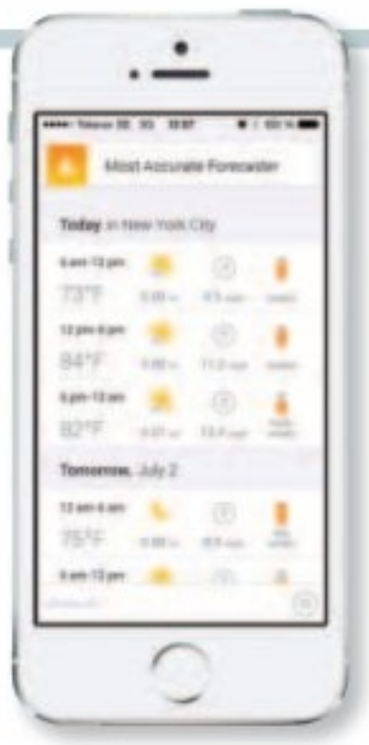

Climendo compares and combines data from 10,000 stations to give users the most precise forecast possible. The app displays a five-day forecast with six hourly weather predictions supplied by 12 providers located across the U.S. and Europe. Developed by Swedish brothers David and Jacob von Corswant, the app has just been rereleased. "Now Climendo is able to work globally and hundreds of times better as a tool, including more places," David told Metro.

Why did you want to make a weather app?
My brother and I have been surfing in Sweden for the past 20 years. We have always looked at every available weather forecast to find the right conditions, but it was hard since different forecasters predict different weather. We never really knew for sure if it would be worth it to get up early and take a long drive to hopefully find surf. So we figured there had to be an easier way. ... That's how Climendo was born.

How does the app work?
We are constantly saving forecasts and comparing those to actual observation data from professional weather stations around the world. By doing that, we can calculate a percentage of accuracy of all forecasters for most cities or areas. MWN

Zoom

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Elephant-astic shadows

It looks like a primitive cave drawing, but in truth it's a family of elephants etching the landscape with their incredible shadows. The looming silhouettes of the group are clearer than the animals themselves, which seem to blend into the sand below them. This aerial image was taken by photographer Marc Mol, who spotted the animals during an air safari in Zambia. METRO WORLD NEWS

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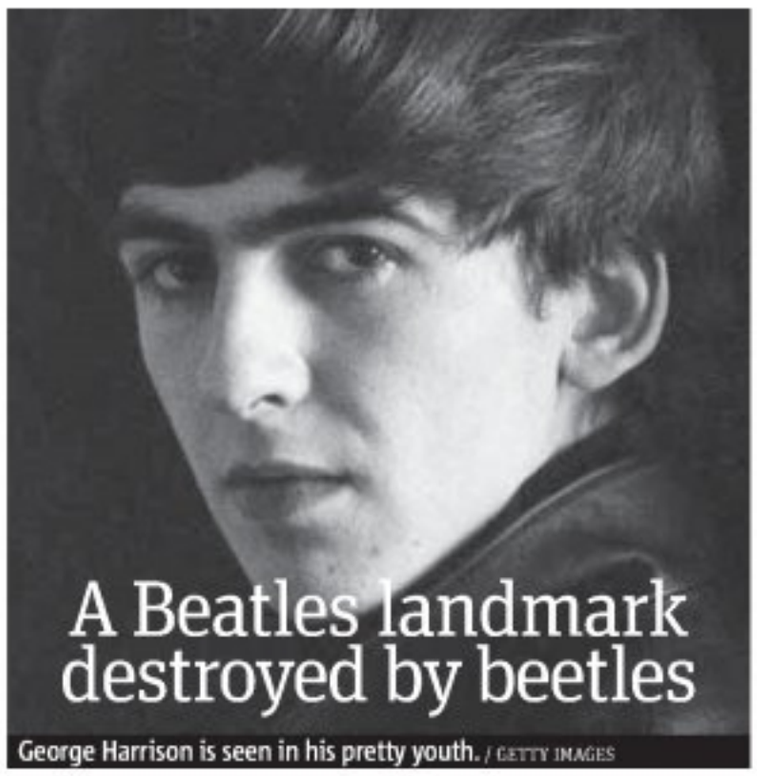

A Beatles landmark destroyed by beetles

George Harrison is seen in his pretty youth. / GETTY IMAGES

Rest in peace, George.
FLAVORFULADVENTURES.WORDPRESS.COM

The universe has a sick sense of humor sometimes. Case in point: George Harrison's memorial, planted 10 years ago in LA's Griffith Park to honor the late Beatle. The pine, which had grown to more than 10 feet tall by last year, has been felled by beetles. Los Angeles city councilman Tom LaBonge tells the Los Angeles Times that the living memorial to Harrison had fallen victim to "bark beetles and ladybug beetles, among other tree-unfriendly creatures." But at least there are plans to plant a replacement. Let's just hope the hungry insects haven't set their little beetle eyes on Strawberry Fields next.

Efron's curious walk of shame

Zac Efron and Michelle Rodriguez's summer fling seems to be going strong, as the "Neighbors" star was spotted leaving the "The Fast and the Furious" actress's home on a recent morning, overnight bag in hand, according to E! News. The pair were reportedly living it up the night before at the Chateau Marmont with some pals, including Robert Pattinson. But Efron's overnight bag wasn't his only interesting accessory during his walk of shame: He also carried a skateboard and donned a jacket with a ferocious tiger on the back.

Stone live-texted 'Bridget Jones' to Firth

Emma Stone won't leave her "Magic in the Moonlight" star alone.
GETTY IMAGES

It turns out being pals with Emma Stone can get kind of annoying, especially if you're a film star. Her "Magic in the Moonlight" co-star, Colin Firth, says his mobile was blowing up while Stone watched his 2004 film "Bridget Jones: the Edge of Reason" because the actress decided to live-text the plot to him. "She's talking through my back catalog via text," Firth tells the Daily Beast of the experience. "I might decide to not revisit stuff in the past, and then you get a good friend saying, 'Oh, when you were doing this you had this and that expression on your face.'" Stone, for her part, totally cops to the text barrage,but appears to feel no remorse. "You were very upset with me, if I remember correctly," she tells Firth.

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LOCAL CELEBS' KIDS MAKE MOVES, NIGHT MARKET GETS MOODY

Wawa's first store, which opened 50 years ago at MacDade Boulevard and Swarthmore Avenue, meets the ax in favor of a Super Wawa opening at MacDade and Kedron in 2016. No word on what will become of the original structure, but its closure brings tears to the eyes of anyone who bought hoagies there after a round of putt-putt on the Boulevard.

Famous Philadelphians' famous kids: Live Nation's **Michael Lessner** has watched his daughter **Raquel** run her Strut-This clothing empire — along with his wife, **Barbara** — since 2011, with celebrities **Lea Michele** and **Kendall Jenner** donning the brand's workout gear. Along with selling at local Flywheel cycling studios, Strut-This just signed a deal with Bloomingdale's to carry the line in six stores nationwide, with Macy's (owned by the same company as Bloomies) hopefully to follow.

Meanwhile, catering/live venue consultant **Harry Spivak**'s daughter **Katie** just got a management gig with MCP Presents, responsible for Disco Biscuits' City Bisco and last weekend's Hudson Project. Harry is hosting a reunion of Philly's best old-school restaurant chain, H.A. Winston & Co., Aug. 14 at North Shore Beach Club. The chain had 22 locations between 1972 and 1992.

Food Trust's Night Markets and its rush of culinary trucks just won a $150,000 grant to train local entrepreneurs. For its Aug. 14 market at Lancaster Avenue and 35th Street, the Food Trust ups its game, booking **Chill Moody**, the **West Philly Orchestra** and **Happy Accident**, which features **Yael Lehmann**, executive director of the Food Trust, and the organization's **Brian "Bucky" Lang**.

Ellen Tiberino, center, and showgirls attend Philadelphia Style magazine's Best of Style bash. / A.D. AMOROSI

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

Seen on the scene

- **Marc Summers** from Nickelodeon's "Double Dare" and Food Network's "Unwrapped" celebrity-judged South Street Headhouse District's Dog Days of Summer cook-off. He awarded the $1,000 first-place prize to Headhouse Crab & Oyster Co.'s **Mike Stollenwerk**.

MARC SUMMERS KICKED OFF THE THIRD ANNUAL DOG DAYS OF SUMMER WITH A BANH MI DOG FROM BRIDGET FOY'S. HUGHE DILLON, AVERSAPR

- Good for **Michael Schulson's** new Independence Beer Garden for getting early visits from **former state Sen. Vincent Fumo** and the Eagles' **Riley Cooper**.
- The Kimmel Center was one-stop shopping for local celebs two days in a row. First, television producer/host **Nancy Glass**, CBS 3's **Stephanie Stahl** and Film Office doyenne **Sharon Pinkenson** came out for a screening of "Alive Inside," an award winner at Sundance. Then Philadelphia Style magazine's 10th anniversary soiree hit the Kimmel with **Mayor Nutter, Ed Rendell** and just about everyone else in attendance.

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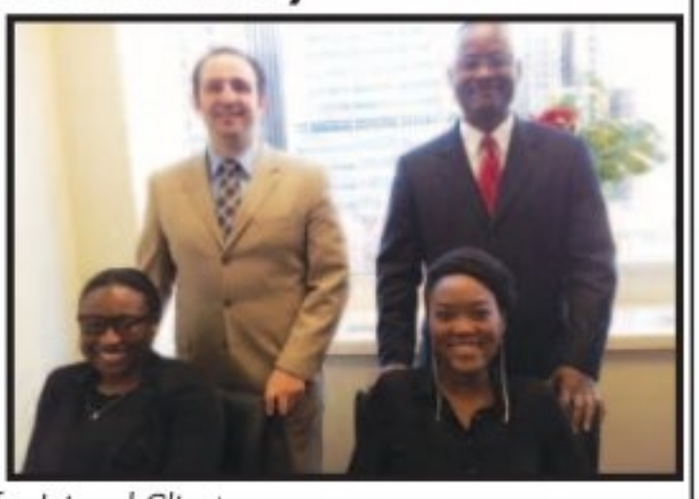

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She's just like Annie Hall

DIANE KEATON PLAYS A WIDOWED LOUNGE SINGER IN "AND SO IT GOES."
WIREIMAGE

Legend. "And So It Goes" star Diane Keaton is the same in real life as she is in the movies.

Diane Keaton is exactly what you'd expect. Talking to her is like talking to Annie Hall. Woody Allen based the character on Keaton — she went on to win an Oscar for the role — and in real life, the actress is as giggly and nervous, spouting off words with only the slightest anxiety about what they are. She does the same thing in "And So It Goes," the new film where she and Michael Douglas play a widow and widower who find autumnal love.

Still learning

How she's gotten better over the years:

"In the beginning, it was harder for me to be in a serious drama because of the language. When you hear Judi Dench or Helen Mirren or Meryl Streep, they have great verbal facility. I come from a place of less language. It was harder for me to do serious roles because I wasn't comfortable with the words. I think I've gotten better at that. I don't think I have a better grasp of any other skill. I really don't. I'm still learning. [Well,] not really."

As she's done in movies before, she sings— but not well, she says:

"I had insane fantasies about me singing. But they quickly fell apart when I started. I have a little tiny voice and not much there. I wish I had a big voice. Can you imagine singing if you could sing like Beyonce? That sound coming out of your head? What does it feel like?"

On not knowing Douglas or director Rob Reiner till now:

Diane Keaton finally shares a movie with Michael Douglas in "And So It Goes."

"You have this sense there's a community out there [in L.A.], but there really isn't. Maybe in New York there is — maybe the theatrical world is more unified. But in California, it's very isolated. There are tiny pockets, but basically no. I met [Douglas] once, I think. Once you meet him, hello. Then I met him when he was going to win that big award that he won. What was it? The AFI. And he was telling me he was going to win the AFI award. That's all I know

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about him. I don't know anybody."

On working with Douglas:

"He loves to be teased. He loves to be tortured. I just told him he was a big jerk all the time. He loved it. He ate it up. I knew I could get the scenes going by me torturing him. And he's better than me. You want to know who you're working with on a movie, because I like to play things with spontaneity. If I want to grab somebody, I want to be able to do it. Some people don't like that."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

They said it

Michael Douglas on Keaton:

"What you see with her is what you get. She says, 'I'm not an actress. I'm a person.' Every scene would start with her arriving on set with earplugs in. She's listening to music, not hearing anything. When they say action, she pulls out the earphones and here you go. It was unpredictable. It makes you lean in, to see what she's going to do, what she's going to say."

Rob Reiner on Keaton:

"She's the same as she is on camera. There's no difference."

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Interview. Olivia Williams turns botanist for TV's 'Manhattan'

WILLIAMS' CHARACTER FINDS HERSELF QUESTIONING HER CHOICE TO PUT ASIDE HER OWN CAREER.
GETTY IMAGES

For certain movie lovers, Olivia Williams will always be Rosemary Cross, the object of affection for Jason Schwartzman's Max Fischer in "Rushmore." But Williams doesn't mind. "I love that film," she says. "I still get the best fan encounters with 'Rushmore' fans and the best job offers, frankly. The only time I get offered a job without having to audition is from someone who loved 'Rushmore.'"

Her new project is decidedly less whimsical. She plays Liza Winter, the wife of a physicist working on the Manhattan Project on "Manhattan." The show is shot on a reconstructed version of the historic research base in New Mexico. Because of the name, Williams jokes, "I was planning on spending five months in New York. It was a bit of a rude shock to realize it would be five months in New Mexico."

Williams had some trepidation about going to the desert for the show. "To me, as an English person with rolling hills and Wordsworth, a desert is a negative term. But I have to say, after five months here, it's intensely beautiful," she says. On the other hand, filming in the desert does come with some practical concerns. "Keeping your eyes open and trying to act any emotion other than being pissed off in a dust storm is very, very hard."

It's not Williams' first role in this era. She played Eleanor Roosevelt in 2012's "Hyde Park on Hudson" and sees parallels: Liza devotes time to supporting her ambitious husband, but has a will of her own. "Eleanor represented a highly educated group of women who made their husbands' lives a misery if they disagreed with their political views. I think Liza is an honorable member of that," says Williams.

Liza's Ph.D. in botany comes in handy as she notices oddities in the plant life in town, no doubt caused by radiation. "I think she's a sort of tropic figure. She's Cassandra. She has the gift of prophecy, but the curse of never being believed," says Williams.

LISA WEIDENFELD

Career choices

Marriage of equals

Liza's life on the base might be different from a modern woman's, but holding off on your career while your partner pursues an opportunity remains common. Williams says Liza may have agreed to help her husband pursue "his greatest career opportunity," but she may now be "beginning to rethink that decision."

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CUBESMART in order to satisfy its statutory lien pursuant to 73 P.S.S 1901 et seq., will sell at PUBLIC SALE all the personal property in its facility at 1000 Easton Rd. Wyncote, PA 19095, stored by:

James M Ansel 2262 • Gerald Kaplan 2234 • Sherry M Jamison 2072
Damascene Pierre 1021 • Carla R Patton 2086 • John Thomas 2456
Region 2 National Medical associate 1127 • Theresa Pardo 1144
Shaune Davis 2477 • Deborah Ware 2025
Thelma Jackson 2079 • April Liggins 2228

August 8, 2014 sale @ 11:30AM at CUBESMART, 1000 Easton Rd, Wyncote, PA

Owner reserves the right to bid at public sale, reject any or all bids, &/or cancel or adjourn sale. All items in storage units contain household items unless otherwise mentioned. To resolve this claim call Teleka Gray, Manager@215-635-2007

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TV watch list

COMEDY

'The Daily Show with Jon Stewart'

Your favorite man on the internet, George Takei, stops by to talk to Jon Stewart. Maybe he'll share the secret to Internet popularity. **11 P.M., COMEDY**

COMEDY

'Conan'

Stephen Moyer of "True Blood" stops by. Hopefully he can confirm that no more beloved characters will be killed off during the final season. **11 P.M., TBS**

DRAMA

'Graceland'

Briggs and Mike take extreme measures to find Paige while she's undercover when they think one of their cases has been sabotaged. **10 P.M., USA**

LISA WEIDENFELD

DOCUMENTARY

'Who Do You Think You Are?'

Cynthia Nixon is the celeb learning about her family history in this episode of the show, and apparently, there is a murder mystery in the Nixon family. **9 P.M., TLC**

What do you think they'll learn about her history? It's always something surprising. / GETTY IMAGES

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*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

Wallscaping on

PLUS

Tip

Choosing the color

"I often tell people, if they have a favorite color or favorite object that's a color, use that as an inspiration," Mead says. "I also love Benjamin Moore paint, and I take the color chips with me and look for things that go with it."

DIY. Matthew Mead says skip the wallpaper and create an ombre accent wall instead.

Wallpaper costs a fortune. Matthew Mead, stylist and co-editor of Backyard Style magazine gets creative with Wagner Spray Tech and shows us how a little spray paint goes a long way when it comes to decorating your home.

Ombre is trending

The ombre effect is one of the hottest trends right now when it comes to interior design, Mead says. "It's a way to make a statement — almost like having a piece of art." While the trend — like on those popular pastel wedding cakes or Giambattista Valli's recent couture skirts — looks incredibly intricate, Mead assures us the effect is easy to create. Here's how:

1 "Start by picking three colors," says the stylist. "One way to foolproof it is to look at paint chips that are already gradient in color so you can start with the darkest one and move up two steps."

2 "Coat the wall with the lightest tone first. Then paint from the bottom with the dark tone, and at last use the medium tone," says Mead. "Divide the wall into three different areas before you start painting, so you know where to start and stop."

Tool

Professional touch

To make the process even easier, Mead used Wagner's Flexio paint sprayer for the project. "It's great because it's such a fine mist that you can easily blend in the colors," he says.

WAGNER FLEXIO 590 PAINT SPRAYER KIT, WWW.HOMEDEPOT.COM

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Go with pink for a feminine feel. / PROVIDED

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#709 – Finger, Sylvia #1310 – Karbbar, Johnson
#1613 – Johnson, Vanessa • #1818 – Nock, William
#3010 – Rasmane, Kabore • #1011 – Riper, Diane
#1114 – Thomas, Heather • #1403 – Williams, Daniel

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a budget

A bright, fun color can liven up a room. / PROVIDED

Tip

Start small

If you're nervous about doing a whole wall, Mead says, "You can [create the effect] on anything — furniture, room screens or giant canvases." He looks for cheap finds in flea markets.

"Do ombre on a plain birdcage [that's] just a supporting role in your decor, and it now has a starring role," he says.

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THE 'TOO MANY CORDS' PROBLEM

HUB IT CREATES A NERVE CENTER FOR YOUR TOO MANY PLUGS.
EGGTRONIC

Besides that pesky NSA spying on us, @the only downside of owning gobs of gadgets is that anxiety-inducing tangle of cables and cords. They are everywhere, and they make me want to die. There's gotta be a better way to handle all of these chargers, right? There just might be. Here are two new gadgets to help you keep the cords of your gadgets in check:

Plug Hub

$24, Quirky

Plug Hub is the perfect solution if desk-based cord clutter has got you down in the dumps. You slide a surge protector in the bottom, wrap all of your cords around three anchors and shut the dang thing and forget about it. To all of the world it'll look like your cords disappear into this mysterious white box, never to be heard from again.

How does it work? It's such a simple design, it'd be hard to screw up. It does its job. At the end of the day, this is just a box with holes in it, but the price is right, and it's not as if you are going to build this on your own. We both know that.

HUB IT

$80, Eggtronic

The HUB IT offers a fairly elegant and simple solution to that age-old "too many cords" problem. Essentially, as the name indicates, it's a sleek black hub and you plug all of your devices into it. The cables are fully retractable, sliding out of sight when not in use. ("Out of sight, out of mind," a wise procrastinator once said.)

The unit comes with a series of chargers built in that handle any iOS device or Android device, as well as anything that charges via USB or micro-USB. If you own any gadgets that aren't serviced out of the box, you can buy adaptors that usually run $8. What can I say? It works. It made my room just a tiny bit more sane. The design is still a tad, for lack of a better word, clunky, but the service it provides far outweighs any petty grievances.

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One more debt you don't want

Zzz. Sleep debt is harmful — but are naps the answer?

As a new mom with a demanding career, Kristen Perullo was up every couple hours during the night with her baby. Her schedule of sleeping only for short periods, parenting and putting in full days at the office was taking its toll. But when she was struck by what she calls the "worst headache of her life" at work one day, she knew something was terribly wrong.

At the ER, she found out that her immune system had been so severly weakened by sleep deprivation that she had contracted viral meningitis.

Perullo is just one of the 70 million Americans who suffers from sleeping disorders. This deprivation, known as sleep debt, can cause damage that's much more severe than needing a couple extra shots of espresso in your latte.

The Centers for Disease Control and Prevention recently declared Americans' lack of sleep an epidemic; it's so damaging that it can cause health problems including high blood pressure and diabetes. And while many people say that a power nap recharges them, a new study shows catching just a few Z's may not help in the long run.

MEGAN JOHNSON
@MetroPhilly
letters@metro.us

Sleep debt damages your health more than you might think.
WAVEBREAK MEDIA

Lights out

The CDC offers the following tips for better sleep:

- Try to maintain a schedule of going to bed and getting up at the same time each day — even on the weekends!
- Your bedroom should be a quiet, dark and relaxing environment kept at a moderate temperature.
- Avoid reading, watching TV or listening to music in your bedroom, and keep out any gadgets.
- Don't eat large meals before going to bed.

Con

The case against naps

Scientists at the University of Pennsylvania found that lack of sleep kills brain cells. Lead author Dr. Sigrid Veasey says catching a few hours of extra sleep may feel beneficial, but it's still not enough: "Our work suggests that in the long run, regular use of weekend catch-up sleep may not lead to a full recovery for the brain. These are changes that are either irreversible or take longer than a nap to remedy."

Pro

The case for naps

The secret weapon of Northwestern University's football team isn't extra practice or strategy sessions. Last year, the Chicago Tribune reported that players wore censors that monitored the amount of sleep they got, as well as its quality level. By enacting mandatory nap time for his players, the coach saw improvements in performance.

Justin Lee, a Ph.D. candidate in a joint Harvard-MIT program, is a frequent napper working to eliminate the groggy feeling you get when you're awakened from a deep sleep, known as sleep inertia.

NAPWELL / PROVIDED

He invented Napwell, a sleep inertia mask that mimics a sunrise, waking you up gradually. "Naps can boost your productivity throughout the day," says Lee.

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2009 Mercedes C300 — Moonroof, LCD Monitor, 45k Miles — $21,999
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Horoscope

♌ Leo | July 23-Aug. 22. You will regret an emotional outburst. If someone you care about is upsetting you, remain calm.

♍ Virgo | Aug. 23-Sept. 22. Make sure to maintain good health. Stick to a nutritional diet. Acquaint yourself with fitness plans, and get active with a positive challenge.

♎ Libra | Sept. 23-Oct. 22. You will gain a lot of pleasure and satisfaction from a cultural or artistic hobby. Indulge your creative needs. Choose a project that excites you.

♏ Scorpio | Oct. 23-Nov. 21. Indulge in activities that can boost your confidence. Consider a day trip to an interesting destination. Domestic tension is best left alone for now.

♐ Sagittarius | Nov. 22-Dec. 21. Make travel plans, or set your sights on another adventure. Get together with an old friend and share memories.

♑ Capricorn | Dec. 22-Jan. 20. Devise a firm plan that will ensure a brighter future. You will be clear-headed, allowing you to hone your skills.

♒ Aquarius | Jan. 21-Feb. 18. Entertainment and friendly gatherings should highlight your day. You will inspire others and be inspired yourself.

♓ Pisces | Feb. 19-March 20. Your vivid imagination will lead to many possibilities and interesting pursuits. Write down any ideas that come to you. Decide the best route to take.

♈ Aries | March 21-April 20. Show your leadership abilities. Your contributions will bring great respect. A romantic relationship will enhance your personal life.

♉ Taurus | April 21-May 21. You may feel that your goals are out of reach, but that doesn't mean you should give up. Address your game plan.

♊ Gemini | May 22-June 20. You'll attract attention with your personal philosophy. Present a confident attitude. Your dreams will come to pass if you forge ahead with ingenuity.

♋ Cancer | June 21-July 22. Do a good deed by offering your knowledge. Review your papers to ensure that nothing has been overlooked. BERNICE BEDE OSOL

Sudoku: Easy and hard

				8				3
	9	5	3			4	8	
			5	1	4			2
	2		7				1	
		9				3		
	3				5		9	
3			4	6	9			
	8	6			1	7	5	
2				5				

1			3	2		8		
		8					1	
	7			8		4	6	
	4		6			1	7	
3								4
	2	1			3		5	
	3	6		7			8	
	1					2		
		2		3	5			6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

War crimes committed

There is information surfacing that the Russian military aided rebels with the missile that obliterated the Malaysia Airline Flight 17. Meanwhile, Russian President Vladmir Putin denies the accusations. Yet the world cries out for answers and justice, now that 80 children were murdered of the 298 on board. Added to all that the Ukrainian rebels have been reported to have desecrated the bodies and who have robbed the victims of valuables. In my view, war crimes have been committed. All those involved need to be summoned and that trail goes all the way to the Kremlin and President Putin. These acts are crimes against humanity. FREDERICK R. BEDELL JR., VIA EMAIL

Letter writer right about president

Re: 'Obama to blame' (Metro, July 22) Kudos to letter writer Kevin Metz. He states the facts as they are, which is amazing, because nobody can seem to do that in this horrible country of ours, which our beloved politicians are ruining. My thoughts exactly about how these countries have been in this kind of turmoil for years and now why all of a sudden is this influx happening. There is an answer: OBAMA. JULIA LEEZ, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

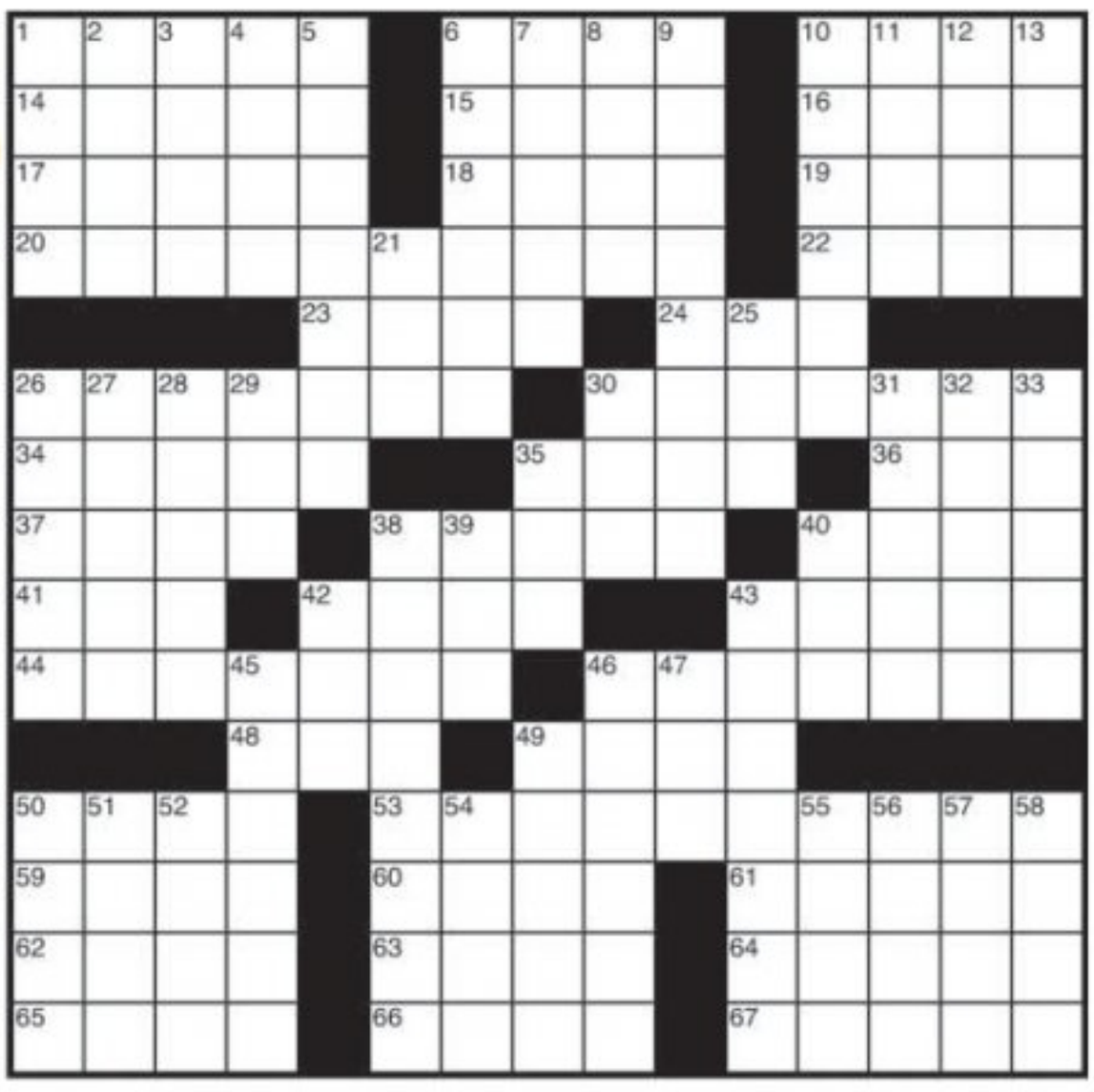
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Santa —, California
6 Feline response
10 Agreement
14 Honey factories
15 Drama prize
16 — St. Vincent Millay
17 Fields
18 Tigger's pal
19 Loud noises
20 Keep going
22 Four Corners state
23 Absorbed
24 Eyebrow shape
26 Driving force
30 Lunar features
34 Valleys
35 Doctor's advice
36 Scribble down
37 Arab VIP
38 Check endorser
40 Brief note
41 Vigoda or Fortas
42 Fingerprint, maybe
43 More congenial
44 Pretty beetle
46 Ghost
48 Dangerous curve
49 German industrial region
50 Kind of pickle
53 Flower with "jaws"
59 Cruel
60 Davenport's state
61 Breathing
62 Hunter's garb
63 CFL's — Cup
64 Potato
65 Was in the loop
66 Zip
67 Revise

Down
1 Roughen from cold
2 Onetime Trevi Fountain coins
3 Swear
4 Gather in, as crops
5 Maintains
6 Infield flies (hyph.)
7 "Lusitania" sinker (hyph.)
8 Uprising
9 Practice
10 Subtract
11 Shorten an article
12 Freud's daughter
13 Mascara target
21 Frat letter
25 Hamelin pest
26 Best possible
27 Deadly snake
28 Worked at a trade
29 Poetic adverb
30 So-so grade
31 Bounce
32 Bard's teen
33 Attack, as a castle
35 Reuben bread
38 Sum thing? (2 wds.)
39 Dog days mo.
40 Least amt.
42 ABC rival
43 Recount
45 Bright color
46 Tropical melon
47 Ate for dinner
49 Made logs
50 Pack of cards
51 Tsar name
52 Green fruit
54 Director – Ephron
55 Grad
56 Taunting remark
57 Kitchen appliance
58 Geek

Yesterday's answer



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3 Storylines to watch during Eagles camp

NFL. Philly has raised expectations in Chip Kelly's second season.

The Eagles open training camp on Friday missing familiar faces like Michael Vick and DeSean Jackson for the first time in years.

But the man in charge, head coach Chip Kelly, will be back for his second season — and with expectations of improving on a first-round playoff exit from a season ago.

JEFF McMENAMIN
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NICK FOLES HAD A GREAT FIRST SEASON, BUT CAN HE DO IT AGAIN?

ALL PHOTOS GETTY IMAGES

1 How will Nick Foles respond?

Nick Foles finished atop the NFL last season with a passer rating of 119.2. He threw for 2,891 yards, 27 touchdowns and just two interceptions. He made his first Pro Bowl and was considered at one point in the season to be in the running for league MVP. Not bad for a guy in his second season who wasn't even the team's starter to open the season. With all of training camp and preseason to work with the first team, expect Foles to continue his success through the air.

2 Will they miss Lane Johnson?

Having a hole in your offensive front can cause a domino effect on a team's pass protection and run-blocking ability.

According to Philadelphia Inquirer reporter Jeff McLane, Eagles starting right tackle Lane Johnson is expected to be handed a four-game suspension for using performance-enhancing drugs in the offseason. In his place will likely be lineman Allen Barbre, who filled in admirably for an injured Jason Peters in Green Bay last season.

KELLY WON 10 GAMES HIS FIRST SEASON.

3 Can Kelly repeat?

Finishing 10-6 and winning the NFC East would be a dream scenario for the Eagles in year No. 2 for Kelly, but unfortunately with the team's schedule this year, that scenario doesn't seem so likely.

The team will need to be better in order to succeed against a killer back half of the season.

3 SPORTS

Watch online

Find video and recap of last night's Phillies-Giants game at: **Metro.us/sports.**

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Deadline dealing

Yankees trade for Headley from Padres

The Yankees moved ahead with trying to find some offense ahead of the trade deadline.

The team dealt third baseman Yangervis Solarte and minor league starting pitcher Rafael La De Paula to San Diego for third baseman Chase Headley.

The Yankees have struggled at the position all season with Alex Rodriguez suspended for the year due to performance-enhancing drugs.

Headley is hitting just .229 with seven home runs this season — and has an on-base percentage under .300 — but he does have a history of success. It was just two years ago that the 30-year-old hit 31 home runs and led the league in runs batted in for the Padres. He finished fifth in MVP voting and won the Gold Glove and Silver Slugger that season.

He is a free agent after the 2014 season.

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HEADLEY IS TWO YEARS REMOVED FROM BEING AN ELITE HITTER. GETTY IMAGES

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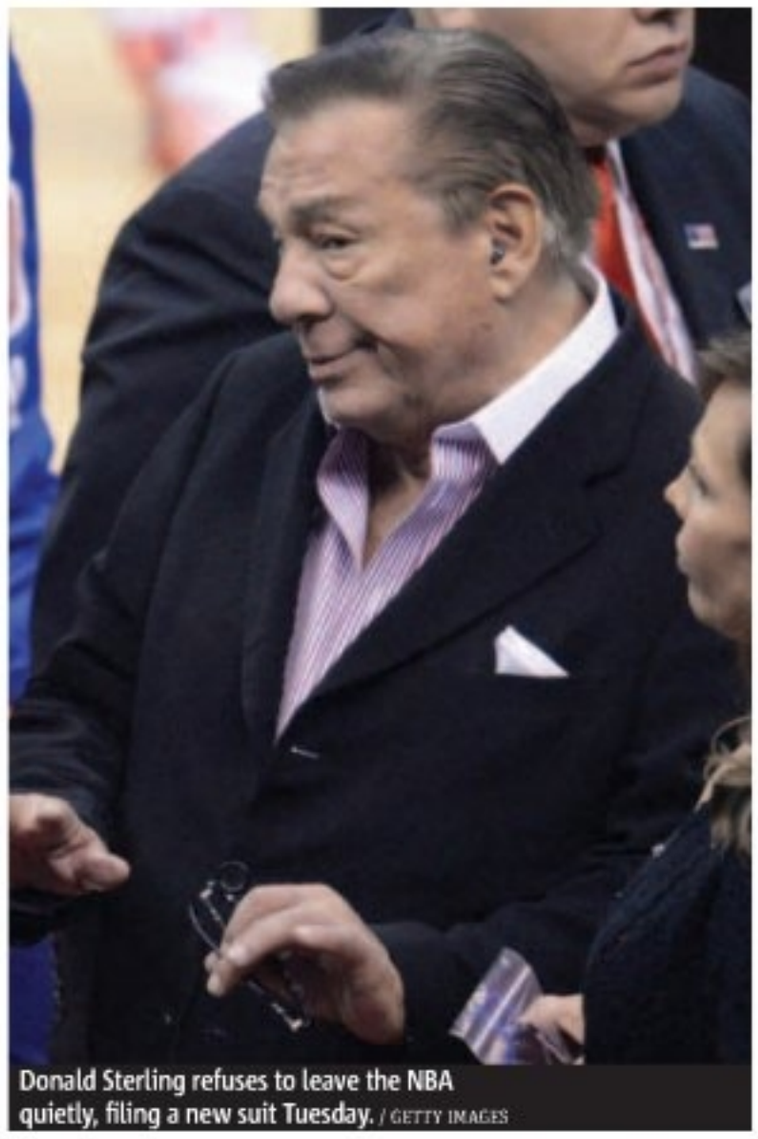

Donald Sterling refuses to leave the NBA quietly, filing a new suit Tuesday. / GETTY IMAGES

Sterling files new lawsuit against NBA over sale

NBA. The Clippers owner has filed a suit against a host of people involved in trying to sell the franchise.

Donald Sterling is not done getting in the way of the Clippers being sold quite yet.

Sterling, who still owns the team, filed a new lawsuit late Tuesday to seek damages against the NBA, commissioner Adam Silver and his wife Shelly. Sterling claims they violated corporate law in trying to sell the team out from under him.

The amount of the damages were not disclosed for the new suit.

Former Microsoft CEO Steve Ballmer has been lined up to buy the team for $2 billion. The league, however, has yet to vote to approve the sale.

Sterling is also seeking $1 billion in damages against the NBA for a previous lawsuit.

Sterling has owned the basketball team since 1998, but the NBA banned him indefinitely from the league in an attempt to get him to sell the club after recordings of him making racist comments were leaked to the media. The NBA confirmed that the voice on the recordings was that of Sterling. He told his girlfriend, model V. Stiviano, he did not want her bringing black friends to games or posing for pictures with them on Instagram.

Head coach Doc Rivers said Tuesday he will not return as head coach next season if Sterling remains as the principal owner. He's also previously suggested he doesn't want ownership simply transferred to Shelly Sterling.

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SUBURBAN metro

CELEBRATE A WHITE CHRISTMAS (IN JULY)

Chalfont. The two-day Christmas party returns to Byers' Choice and features carols, a "snowstorm" and writing to Santa Claus.
What to do. Bring the family to the Sweet Corn and Blackberry Festival at Linvilla Orchards or see Dar Williams in Bryn Mawr. PAGE S 1-S4

Kids play in foam, sprayed to look like snow, at last year's Christmas in July party. / COURTESY OF BYERS' CHOICE

PLUS

History

Where did Christmas in July come from?

Christmas in July is an odd concept. It's not halfway to Christmas — that would be June 25 — so where did it come from?

We have a girls' camp in North Carolina to thank for what has turned into a chance for summer parties and sales. Camp Keystone apparently celebrated Christmas in July in 1933 with visits with Santa Claus, a tree and even presents.

The concept continued to grow, especially at churches, which used Christmas in July to collect presents for its missions. In World War II, the U.S. Post Office even got in on the holiday with a Christmas in July campaign to encourage Americans to mail gifts early to men and women serving overseas.

Welcome

Suburban Metro

Dear readers: Metro Philadelphia is happy to introduce our new zoned section especially for our suburban loyalists. Stories, event listings and ads for local businesses will be featured every Thursday in this section. Have any questions, comments or advertising requests? You can reach out to jennifer.clark@metro.us.

Spotlight

COURTESY OF BLACK HORSE MOTEL

Farm Day and Black Horse Motel

Saturday, 11 a.m.-8:30 p.m.; $10/adults, $8/ages 4-12; free/under 4; Colonial Pennsylvania Plantation, 3900 North Sandy Flash Dr., Newtown Square; 610-566-1725; www.colonialplantation.org
Explore what it meant to be a farmer in southeast Pennsylvania in 1760-90 at this historic living farm. The plantation is a tribute to all of the colonials who made the area what it is. The last farm admission is at 6:30 p.m., when a concert with Americana band Black Horse Motel starts. There's a free wine and cheese tasting during the concert.

Around town

'Fiddler on the Roof'

Friday-Sunday; $15/adults, $12/child; Media Theatre for the Performing Arts, 104 East State St., Media; 610-891-0100; www.mediatheatre.org
Find out why the fiddler is on the roof in the classic retelling. Make this your musical "Tradition." Shows at 7 p.m. Friday and Saturday, 2 p.m. Saturday and 3 p.m. Sunday.

J2

Friday, 10 p.m.; Blarney Stone, 1227 W. Chester Pike, West Chester; 610-436-5222; www.wcblarneystone.com
Hailing from Scranton, J2 is a blues, pop and rock duo that covers everything from '60s rock to Top 40 hits and originals.

Sweet Corn and Blackberry Festival

Saturday, 8 a.m.-6 p.m.; Linvilla Orchards, 598 Linville Rd., Media; 610-876-7116; www.linvilla.com
Celebrate summer's bounty with a festival starring corn and blackberries. Pick-your-own starts at 8 a.m., with a magic show at 11 a.m., 1 p.m. and 3 p.m.; a live band performance at 10 a.m., noon and 2 p.m.; and visits with costumed characters at 11:30 a.m., 1:30 p.m. and 2:30 p.m. Don't miss Jammin' With Judi, 11 a.m.-2 p.m., to learn how to preserve your fresh picked fruit.

Spotlight

PROVIDED

Stephanie Evanovich, 'The Sweet Spot'

Friday, 7 p.m.; Main Point Books, 1041 W. Lancaster Ave., Bryn Mawr; 610-525-1480; www.mainpointbooks.com
The author of "Big Girl Panties" comes to Bryn Mawr to read from her new book. "The Sweet Spot" is a great beach read: A pro baseball player tries to sweep a reluctant restaurateur off her feet. When the tabloids get word, things get even crazier. Evanovich also will autograph copies of the book.

Brandywine River Museum Free Sunday Mornings

Sunday, 9:30 a.m.-noon; Brandywine River Museum, 1 Hoffman's Mill Rd., Chadds Ford; 610-388-2700; www.brandywinemuseum.org
Explore three floors of galleries on Brandywine Valley's artistic heritage, American illustration and the Wyeth family. After you soak up culture —free! — stop into the cafe until 11:30 a.m. for "Breakfast on the Brandywine."

Knee Deep in the Creek

Sunday, 1 p.m.; Norristown Farm Park, 2500 Upper Farm Rd., East Norriton; 610-270-0215; www.parks.montcopa.org
Explore the underwater world of Kepner Creek. Wade into the creek to catch fish, frogs, aquatic insects and salamanders. Don't forget to wear sturdy shoes that can get wet, but no rain boots. Pre-register at the phone number above; event is for adults and children age 6 and older.

Spotlight

86th Annual Kimberton Fair

Wednesday-Saturday, 762 Pike Springs Rd., Phoenixville; www.kimbertonfair.org
There's something for everyone at this long-running fair, which doubles as a fundraiser for the Kimberton Volunteer Fire Company. This weekend's schedule includes the Ag Olympics, dairy cattle judging, K-9 shows, a beer garden, log-sawing contest, visits from the Phillie Phanatic, fireworks and much more. Visit the website for a full schedule.

BRYAN SCHWENK

Spotlight

PROVIDED

Dar Williams

Sunday, 7 p.m.; $15; Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr; 610-864-4303; www.brynmawrtwilightconcerts.com
Dar Williams, whose songs "As Cool As I Am," "The Christians and the Pagans" and more have made her one of the most acclaimed folk singers, makes a special appearance at Bryn Mawr's concert series. She'll appear along with Mark Schultz. Free for 16 and younger.

Physicals.

Schedule your child's school physical now.

Summer is here and before you know it, school will be back in session. Take time now to schedule your family's annual exams, update immunizations and get those sports physicals. Call one of our family practice offices located conveniently throughout our community. We are open evenings and weekends to suit your schedule, and same- and next-day appointments are often available.

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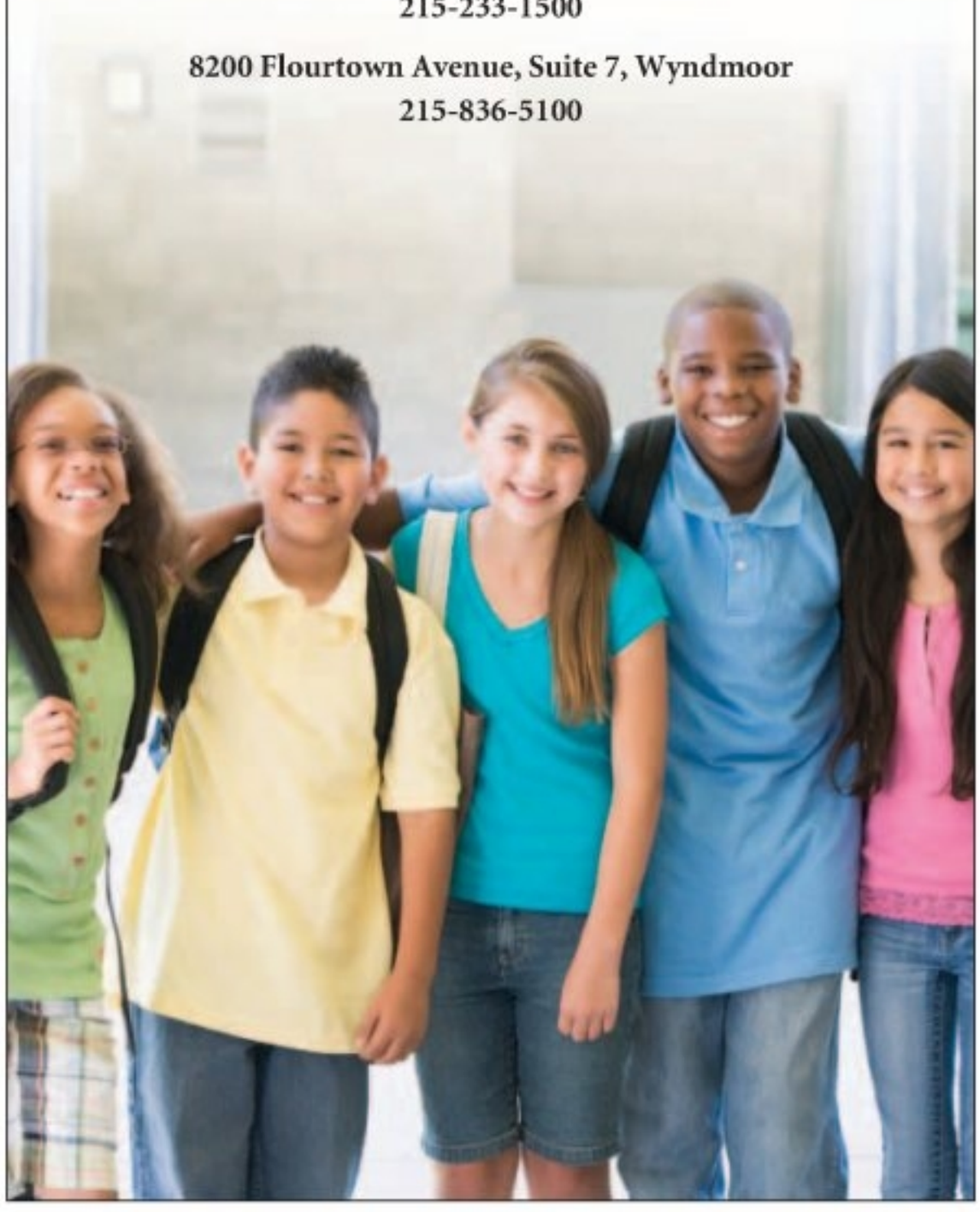

Merry Christmas in July, mate!

Getting festive.
Byers' Choice in Chalfont is starting its holiday season a little early this year.

LAUREN BURGOON
@MetroPhilly
letters@metro.us

Byers' Choice will be decked out for the "holiday." / PHOTOS COURTESY OF BYERS' CHOICE

Get your picture taken with carolers.

The fun of the yuletide season returns this weekend in Chalfont with a two-day Christmas in Australia party at Byers' Choice.

Instead of a dreaming of a white Christmas and chestnuts roasting on an open fire, this is a Christmas celebration like our friends Down Under have.

"In Australia, they celebrate Christmas in the summer, so it's hot. Most of them do barbecues and beach things," says Tara Fryatt, Byers' Choice visitor center manager. "[Owner] Joyce Byers wanted to do an event geared toward the summertime, and since we're all about Christmas, we came up with Christmas in Australia."

Byers' Choice's first Christmas in Australia was last year, and the second time around, the merry-making extends two days. It starts Friday evening with a Down Under barbecue. Then local Music 4 Nothin,' a Pennsylvania group that promotes music education, will bring on the carols.

"They're doing all Christmas music with a jazz orchestra and chorus," Fryatt says. Don't forget to brush up on your songs about Frosty, Rudolph and jingle bells.

But what's Christmas, even one in the dog days of summer, without snow? On Saturday, the Chalfont Fire Co. will cover the front lawn with the white stuff (actually, it's a very snow-like foam).

"The foam looks like a snowstorm. In the wintertime, our front garden is all covered in white, and that's what we'll have this weekend," Fryatt says. "We call it the melted snowstorm. The looks on the kids' faces was just priceless."

Kids can even throw a couple of snowballs indoors, thanks to a snow machine. Saturday also brings the Frosty photo booth, letter writing to Santa and two talking reindeer to help deliver kids' messages to the North Pole. Frosty the Snowman plays in the 50-person theater at 3 p.m., and at 8:20 p.m., the "sunset illumination" — 500,000 twinkling lights — turns on just as the sun sets.

Saturday is also Byers' Choice's traditional day of Christmas in Australia sale. The 35-year-old company is known for its caroler figurines handcrafted by artisans.

Christmas never ends at Byers' Choice between the shop and Christmas museum. Now, everyone can capture a little of that year-round Christmas magic. "We're all about cookies, candy and cake here. It's always fun," Fryatt says. "It's a joyful place because it's Christmas all the time."

If you go

Christmas in Australia

- Byers' Choice is located at 4355 County Line Rd., Chalfont. (byerschoice.com)
- All of the Christmas in Australia activities are free except for the barbecue Friday. The event runs Friday 5 p.m. to 8 p.m. and Saturday 10 a.m. to 5 p.m.

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